



COOKING PASSION SINCE 1877



VEGAN BAKED FRUITY PORRIDGE

Cooking Method: CircoTherm 160°C for 20-25 minutes **Prep Time:** 10 minutes **Serves:** 2



INGREDIENTS

55g **rolled oats**

100ml **oat milk**

1 eating apple, grated

55g blackberries/blue berries
fresh or frozen

2 tbsp date molasses

¼ tsp cinnamon

4 tbsp plain or coconut yoghurt
(vegan/non-dairy)

Topping:

2 tbsps of pumpkin and sunflower seeds
or **nuts** of choice

Drizzle of date molasses

Extra coconut yoghurt to serve

Allergens highlighted in **bold**.

As these ingredients are vegan,
allergen free choices are readily
available. However be careful of
the oats if gluten intolerant.

PREPARATION

1. Place the oats in a bowl with the oat milk overnight in fridge, defrost berries if frozen.
2. Pre-heat oven at 160°C. Place half of the oat mixture in an ovenproof dish and top with grated apple and berries. Drizzle with date molasses.
3. Mix the yoghurt into remaining oat and milk mixture and spoon into dish. Sprinkle with cinnamon.
4. Place into preheated oven set timer for 15 minutes.
5. Sprinkle over nuts or seeds mixture and return to bake for further 10-15 minutes until golden.
6. Serve hot with a drizzle of date molasses and extra yoghurt if desired.

